

Chronic Disease Workshops

Self-care is an important component of chronic disease management, which helps us to prevent, recognize and treat specific health problems. Prevention Partners offers FREE disease management workshops to state employees, state retirees and their dependents. We can also accommodate the hearing impaired.

Workshop Goals

The primary goal of Prevention Partner's workshops is to improve your quality of health. Employees and their families can learn to:

- Recognize symptoms that require medical attention;
- Seek medical care as needed;
- Become more informed consumers of the health care system;
- Interact with others;
- Ask questions and address concerns.

Benefits

People who understand their medical problems are better able to contribute to their solutions; reduce deductible and out-of-pocket expenditures due to complications and increase their satisfaction with the care they receive resulting in an improved sense of health and a better quality of life.

For more information, call 737-3820 and ask for Ramsey Makhuli or fax the information below to (803) 737-0793.

Place my name on your mailing list for:

Topic(s): _____

SS #: _____

Name: _____

Address: _____

City/State/Zip: _____

Telephone: _____

E-mail: _____

Asthma

Asthma is a severe allergic disorder affecting children, adolescents and adults. Common asthma symptoms are wheezing, due to narrowing of the airways in the lungs or spasms of the airway wall muscles. Airways infections and excess mucus blockages can also obstruct airflow resulting in dangerous attacks. Workshops occur quarterly and last from 90 minutes to two hours, covering:

- **How the lungs work**
- **Triggers of asthmatic and allergic reactions**
- **Lifestyle, nutrition and environmental factors**
- **Medications and coping techniques**

Diabetes

All food or drink we eat changes to glucose (blood sugar) that is converted to energy by the hormone "insulin." The inability to do this is called "**diabetes**." People with diabetes tend to have a shorter life span and are at risk for kidney disease, blindness and nerve damage. Diabetes is the seventh leading cause of death in South Carolina, which ranks second to Mississippi for the highest incidence of type 2 diabetes in the United States.

Prevention Partners offers FREE, three-hour Diabetes Management Workshop for state employees, state retirees, their dependents, family members. During the workshop, volunteer Certified Diabetes Educators, pharmacists and dietitians discuss:

- **Symptoms and types of diabetes**
- **Complications and risk factors**
- **Treatment and medications**
- **Lifestyle, diet and exercise**
- **Psycho-social issues**

Healthy Heart & Stroke

Hypertension or **high blood pressure** increases the risk of heart disease, kidney disease and stroke, which are major causes of death for South Carolinians age 45 to 64. Another contributor to heart disease is **high cholesterol**, which can result in the build up of plaque causing narrowing of the arteries. Both conditions contribute to **stroke**, which kills more people, per capita, in South Carolina than anywhere else in the United States.

Co-sponsored by the **SC American Heart Association**, **Healthy Heart** workshops last up to three hours, while **Stroke** workshops last 2 hours. Physician, dietician and pharmacist volunteers will help you understand:

- **The risks of high blood pressure and high cholesterol**
- **The role of various heart disease treatments and medications**
- **The importance of nutrition and physical activity and a healthy lifestyle action plan**
- **Types of strokes; associated risk factors, lifestyle/ treatment issues, recovery and rehabilitation,**

Special Seminars

In 2002- 03, Prevention Partners began offering special seminars on chronic **Digestive Disorders** such as Gastro Esophageal Reflux Disease (GERD). For participants in past workshops, we also offer expanded sessions on existing heart workshops such as specialty workshops on **Healthy Cooking** for diabetes and heart health. Other topics will be added and announced.

Seminars may last a full day or a couple of hours depending on the topic. Volunteer physicians, nurse practitioners, certified diabetes educators, registered dietitians, pharmacists and social workers will provide useful education in an informal setting that allows information exchange among participants.